



ALPINE THREADS

Community and Family Life in the California Alps

Winter 2015

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*Masthead photo courtesy of
 Alpine County photographer
 Todd Branscombe.*



A stiff apology is a second insult... The injured party does not want to be compensated because he has been wronged; he wants to be healed because he has been hurt.

- Gilbert K. Chesterton

Happy New Year! Last year at this time I wrote about Dr. Chapman's *Five Love Languages* and I thought it suitable to start this year with his other work focused on the "apology." Dr. Chapman and his colleague, Jennifer Thomas, developed "*The Five Languages of Apology*", which is similar to "*The Five Love Languages*" in that it has similar benefits of deepening relationships and increasing good communication.

Below is a brief explanation of each of the five languages. Read through and contemplate what might be your apology language. You can also take a short survey on Dr. Chapman's website www.5lovelanguages.com/profile/apology/

Whatever your languages, the most important part of an apology is to be genuine and sincere:

Apology Language #1 Expressing Regret:

"I am sorry" List the hurtful effects of your action. Show remorse. It doesn't count if the person is only sorry that they got caught!

Apology Language #2 Accepting Responsibility:

"I was wrong" Name your mistake and accept fault. Note that it is easier to say "You are right" than "I am wrong", but the latter carries more weight.

Apology Language #3 Restitution- Making Amends:

"What can I do to make it right?" How are they now? Is any debt owed or repayment due? How shall I make amends to you? Do they need help dusting themselves off and getting back up on their feet?

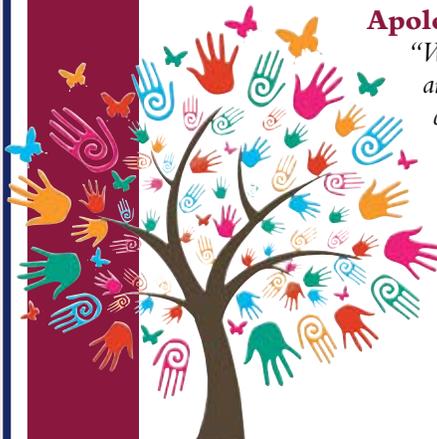
Apology Language #4 Repentance:

"I'll try not to do that again" Repentance literally means turning around 180 degrees. Engage in problem-solving. Don't make excuses.

Apology Language #5 Requesting Forgiveness:

"Will you please forgive me?" Be patient in seeking forgiveness and reconciliation. They may need some time or greater clarification of your input from Apology Languages 1-4.

Milcah Valiente is a mental health clinician with Alpine County Behavioral Health. Alpine County Behavioral Health (tel. 530-694-1816) offers mental health services for residents living in Alpine County who meet medical necessity. Alpine County Behavioral Health offers a 24 hour crisis line at the above number.



The Therapy Corner

Before we begin, we want to be sure to talk about identification of children with special needs. Some disabilities are readily apparent and are often diagnosed very early in a child's life, i.e. Down Syndrome or Spina Bifida. However, many disabilities are less discernible and require a close look at development over time. If you are a parent of a young child or are a child care provider, be sure to closely follow development in order to catch any delay early in the child's life. Early Intervention is critical to help narrow the gap in development and is especially true during the first three years of life when the developing brain is most pliable and response to the interventions is greatest.

Visit the CDC's website for list of developmental milestones for children 0-5 years.

<http://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you are a child care provider or teacher and have concerns about the development of a child in your care, you may be unsure of how to approach the child's family with your concerns. West Ed created a fantastic presentation entitled, "Talking with Parents When You Have Concerns About a Child in Your Care" to help you navigate through this process.

<http://cainclusion.org/camap/trainingppts.html>

Age is important when accessing services

Concerns about children ages 0-3 should be directed to your child's pediatrician and/or the local California Regional Center. In Alpine County, the service provider is Alta Regional Center 530-542-0442. Alta Regional Center administers the California Early Start Program and Alta Regional has an infant development specialist to provide a developmental screening.

If the child qualifies, an Individual Family Service Plan (IFSP) will be created to help support the individual needs of the child. If the child has reached their third birthday, the local school district is responsible for developmental screening and services. In Alpine County, contact the Alpine County Unified School District 530-694-2230. If the child qualifies, an Individual Education Plan (IEP) will be created to help support the individual educational needs of the child. Certain children may also qualify for services through the Regional Center to help them meet their needs unrelated to education. Contacting the Regional Center, even if the child is 3 years or older, is always a good idea.

Other great resources for children with special needs

Warmline Family Resource Center is an Early Start Family Resource center which serves Alpine County. Their agency provides resources and supports to families of children with special needs from birth to age 22. In addition to support groups and workshops, they offer a toll-free hot line staffed by parents of children with special needs 1-800-660-7945.

Disability Rights California provides free resources for all areas of life for those with developmental delays, including help with educational plans. 1-800-776-5746.

"If you treat and individual as he is, he will remain how he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be." –Goethe

Give them every opportunity to be their best.

is recruiting Family Child Care Providers

- Decide on days and hours that work for you. Maybe even offer care summers/school breaks only when demand is highest.
- Care for the ages of children you are most comfortable with.
- You don't need to own your home.

Choices for Children has programs to help off-set the costs associated with becoming licensed.



For more information call 530-694-2129



Restoration of Streamside Habitat in the East Carson River Watershed

By Shane Fryer, Alpine Watershed Group

The Alpine Watershed Group (AWG) in partnership with Humboldt-Toiyabe National Forest (USFS), Bureau of Land Management (BLM), Friends of Hope Valley and Alpine County, has been awarded a restoration grant from California State Parks' Off-Highway Motor Vehicle Recreation (OHMVR) program.

The project will restore riparian habitat along the banks of the East Fork of the Carson River, which have been impacted by off-road vehicle travel associated with dispersed camping. All restoration sites are located on USFS and BLM lands within Alpine County. The project area includes the reach of the East Fork of the Carson River from Hangman's Bridge just east of Markleeville, to the river's upstream confluence with Silver Creek. This reach of river has experienced riparian habitat loss, bank erosion and associated water quality impacts in part due to motor vehicle impacts. These rehabilitation efforts will further the protection of the riparian corridor by better defining vehicle access and replanting impacted areas.



The East Carson River Strategy was completed by the Carson Ranger District of the Humboldt-Toiyabe National Forest in 2007 in order to address environmental concerns like vehicle impacts. The objectives of this strategy were to identify plans of action for enhancing the management of lands in the East Carson River watershed. Of concern has been the proliferation of user-created camping sites and roads, fire rings, and the accumulation of trash along the East Carson River corridor. As a result of long term cumulative use, there has been a loss of streamside and upslope vegetation. The strategy includes recommendations for enhancing the quality of recreational experiences and improving wildlife and fisheries habitat. To date none of the recommended projects have been implemented.



When complete, restoration activities will provide many benefits. These include maintaining access and improving the sustainability of dispersed camping and other recreational uses. The rehabilitation of riparian habitat helps reduce silt and other water quality impacts to this important trout fishing reach. This project will greatly improve visitors' experience at these sites and further the protection of this state-designated Wild and Scenic River.

This is an important project that will benefit Alpine County visitors, fly fishermen, and watershed health while providing quality recreation opportunities. The Alpine Watershed Group is actively seeking partners who want to be a part of the project. If you would like more information about the project or are interested in becoming a partner, please contact Shane Fryer at awg.shane@gmail.com, or visit AWG's website: www.alpinewatershedgroup.org.



ARE YOU READY FOR AN EMERGENCY?

Make sure you have enough supplies to last for at least three days. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

For more ideas & information visit www.ready.gov/kids



Giving Kids a Strong Start: Supporting Brain Growth in the Early Years

John Fisher, Executive Director ~ First 5 Alpine County

The early years of a child’s life, from birth through age three, are a critical period for his or her brain development. Caregiving during these years can affect the structure and function of the brain, which can shape the way a child learns, thinks and behaves for the rest of his or her life.

First 5 Alpine was formed to help parents and caregivers prepare children to succeed in school. Because everyone who cares for young children has the opportunity to make a huge difference in their lives, caregivers and parents should consider the following when caring for a child:



1. Maintain a healthy diet.

Alcohol, drugs, and poor nutrition are harmful to the developing brain of a fetus and a child. Conversely, good maternal nutrition and breast-feeding offer substantial, long-lasting benefits.

2. Experiences help the brain develop.

Genetics and environment interact in complex ways. Positive emotional, physical and intellectual experiences are essential for the growth of a healthy brain. Without such experiences, an infant’s neurons fail to grow and connect to other neurons, stunting development and affecting the structure of the brain.

3. Children require certain developmental experiences at particular times.

Young children need developmentally appropriate interaction at different times in their lives. A child’s brain is “primed” for experiences at particular stages of development, such as talking, walking and emotional response patterns. For example, parents who engage in “baby talk” help their children acquire language skills.

4. Parents need information and support.

Parents can improve their parenting skills. Several counties and community organizations offer services to support parents in their efforts to create secure and nurturing environments for children.

Just as their bodies need food to grow, research indicates that the positive, emotional experiences a baby has in its earliest years are equally important for the growth of a healthy brain.

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First 5 Alpine is funded by Proposition 10, a statewide initiative approved in 1998 to fund education, health and child care programs for children prenatal to age five.



Alpine County Health and Human Services wishes to thank all community members who donated to the **2014 HOLIDAY FOOD DRIVE.**

Thank you all for your generous donations of books, games, monetary donations and paper bags for holiday dinners.

With your donations this year, more than 100 families received holiday dinners~

Have a prosperous new year in 2015!

THANK YOU!

COMMUNITY SURVEY

Interest in a Farmers’ Market

Would you shop at a summer Farmers’ Market in Alpine County?

- a. Once a week
- b. Twice a month
- c. Once a month
- d. Probably not
- e. Not at all



Please write to alpinefarmersmarket@outlook.com with your reply. Your participation in this survey will help determine whether a farmers’ market will be established.



Another Hidden Smoking Danger **FLAVORS**

Tobacco companies know that candy and fruit flavors can entice young people to try their products. This is an obvious danger which could lead to a lifetime of nicotine addiction, cancer, heart disease, lung disease and early death. There is another danger associated with flavoring nicotine products – namely e-cigarette liquids. E-cigarette companies and the people who support them love to point out that the flavors used in e-cigarettes are “generally recognized as safe” (GRAS). The GRAS definition applies to ingested (eaten) not inhaled (breathed) use of these chemicals. In fact, the Flavor and Extract Manufacturers Association of America (FEMA), the organization which assigns most of the GRAS designations, specifically warns its members to ensure that workers are protected from inhaling flavors while working with them. **The e-cigarette industry is STILL unregulated.**

For more information, contact the Alpine County Tobacco Control Program at (530) 694-2146 x242.

Top left photo: www.cnn.com/2013/10/24/health/kids-flavored-tobacco/ Top right photo: www.startribune.com/lifestyle/kids-health/250898471.html

<http://tobacco.ucsf.edu/flavor-manufacturers-warn-companies-breathing-heated-flavors-can-be-dangerous-relevant-e-cigs>

Electronic Smoking Update

What's in a name?

As it turns out...a lot

The skyrocketing popularity of electronic cigarettes has been illustrated through dramatic statistics such as – The use of e-cigarettes by middle & high school students tripled from 2011-2013 (from 79,000 to 263,000).

But some researchers are now questioning whether the actual statistic is significantly higher. They may have been asking the wrong questions, or at least using the wrong terms.

The fact is – An e-cigarette is the same thing as e-hookah, hookah pen, vape pipe, vape pen, and electronic inhalers in function, hardware, and technology. But to teens, the terminology may not be interchangeable.

Many studies have asked teens whether or not they have used e-cigarettes. But this question may not capture the users that marketers of e-hookahs and hookah pens say “want no part of e-cigarettes.”

It is important to remember that regardless of the name they are marketed under, electronic smoking or “vaping” products produce an aerosol containing toxic chemicals, known carcinogens and reproductive toxins. Some do not contain nicotine, but most do. Nicotine is highly addictive. And though manufacturers might claim otherwise, nicotine is nicotine...whether burned, heated or “vaped,” tucked in the cheek, or dissolved in the mouth. No matter if the delivery method is high-tech or low-tech, the best way to avoid a lifetime of nicotine addiction is to never start.

Last year, Alpine County included the use of vapor devices by any name or descriptor in the County code's definition of smoking, thereby prohibiting the use of these devices everywhere smoking is already prohibited. For more information, contact the Alpine County Tobacco Control Program at (530) 694-2146 x242.

Sources:

<http://www.cdc.gov/media/releases/2014/p0825-e-cigarettes.html>

http://www.nytimes.com/2014/03/05/business/e-cigarettes-under-aliases-elude-the-authorities.html?_r=0





Connections



(530) 694-9459
www.tahoeyouth.org

Where Tahoe Youth & Family Services' Mentors Stay Connected

Excerpts from

January, February 2015 • Vol. 4, Issue 1

Happy National Mentoring Month!

TYFS Mentors

Alexandra Pluta
Alissa Nourse
Amanda Lyons
Amber Spears
Amy Pedrol
Betty Hathaway
Bill Dubois
Cami & George Chavez
Darlene Alvarado

Edward Patigo
Gregory Bennett
Gordon Moseley
Heather Knox
Isabel Meza
John Fisher
John Thiel
Juliana Joldersma
Katherine Thielen

Kelly Adams
Kimberly Kilgore
Kris Robison
Kyndra Serafine
Lauri Kemper
Leesa Lopazanski
Leila Rosner
Lindsey Kaufman
Michael Caughlan

Milcah Valiente
Monica Grammenos
Nancy Lang
Nikki Chavez
Phillip Armstrong
Phyllis Anderson
Rick McGuire
Rose Senger
Sandy King

Seth Miller
Sharla Hales
Sharon Ragsdale
Shelby Young
Sherry Mitchell
Susan Lippmann
Stephanie Aitken
Tito Alamillo
Tyler Chavez



This National Mentoring Month, we at **Tahoe Youth & Family Services** want to take some time to recognize and honor the work of our mentors. Each and every one of you has demonstrated the power of a mentor to positively affect the lives of young people in our communities. But what you do strengthens all of us. You are not just giving your time to a charitable organization or hanging out with cool kids on the weekend. What you are doing is contributing to the growth of hope. Each and every one of you is changing the world just by being yourselves. Thank you all so much.

Skiing and Snowboarding at Kirkwood!

TYFS is teaming up again this year with the amazing SkiDUCK program. Take your mentee skiing or boarding for no cost on the 2nd & 4th Sundays from January to March at Kirkwood. Contact Troy to RSVP. See you on the slopes!

Dates:
Jan 11 and 25
Feb 8 and 22
Mar 8 and 22



Alpine Kids

Upcoming Activities

FEBRUARY – Pizza Dinner & Swim Center

MARCH – To Be announced

For more information please contact:

alpinekids@live.com



ALPINE COUNTY
Health & Wellness
COALITION

Building strong community partnerships promoting healthy living in 2015!

For more information visit www.alpinecountyca.gov/Index.aspx?NID=386



Live Violence Free (LVF) in Alpine County is committed to promoting a violence free community through education and advocacy to address domestic violence, sexual assault and child abuse. Living with violence and abuse takes a toll on all of us. It affects every aspect of our lives and can discourage our goals and dreams for the future if we don't see a light at the end of the tunnel. People who are experiencing violence and abuse most often feel isolated, alone and do not have a place to turn to for assistance that they can trust and know it's confidential. Live Violence Free in Alpine County is just that place. It's a safe place where anyone can discuss their situation and brainstorm ideas of how LVF can assist. We don't tell anyone what to do but rather discuss options, safety concerns and provide emergency services.

If you or someone you know is experiencing violence and abuse, please know **YOU ARE NOT ALONE!** Please don't hesitate to call us and ask questions regarding services and programs. The address is 100 Foothill Road, Markleeville, CA 96120, Phone (530) 694-1853, 24-Hour. **Toll-Free Crisis Line: (888) 750-6444.**

Live Violence Free – Alpine County Services:

- 24/Hour, Toll-Free Hotline
- Accompaniment Services
- Emergency Food Closet
- Advocacy Services
- Individual Therapy
- Emergency Basic Needs
- Peer Support
- Parenting Program
- Legal Program
- Emergency Transportation



Hours of Operation:

Monday – Friday 8:00am to 4:00pm
Weekends Closed



Got Flu? It's Coming!

Richard O. Johnson,
M.D., MPH
Public Health Officer

Over the last month, seasonal influenza has spread rapidly across the United States in epidemic proportions, with widespread activity in 43 states, including Nevada. California has yet to experience the full brunt of the influenza season, but it will very soon! Most strains identified so far have been of the H3N2 variety, which is associated with more severe illness and death, especially among the old and young children. It appears that flu activity may peak a month earlier this year, in mid-January.

The flu is a respiratory disease and not a stomach or intestinal disease. In addition to seasonal influenza, there are usually 2-3 other respiratory viruses circulating at the same time. They typically cause "cold" symptoms such as runny or stuffy nose. A person who truly has seasonal influenza usually will also have fever and chills, body and headaches, cough and sore throat, and tiredness.

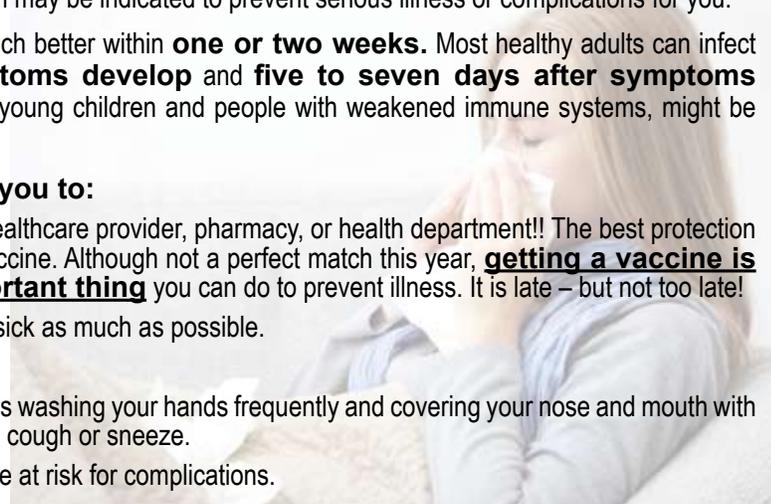
Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. **You can also get the flu** by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

If you believe you have the flu, and especially if you are in one of the categories (Seniors 65+, Children under 2, and people with chronic health conditions), at high risk for complications please contact your health care provider early, as antiviral medication may be indicated to prevent serious illness or complications for you.

Most people who get the flu feel much better within **one or two weeks**. Most healthy adults can infect others **one day before symptoms develop** and **five to seven days after symptoms appear**. Some people, especially young children and people with weakened immune systems, might be contagious for a longer period.

During this season, we ask you to:

1. Get your flu vaccine from your healthcare provider, pharmacy, or health department!! The best protection against seasonal flu is the flu vaccine. Although not a perfect match this year, **getting a vaccine is still the single most important thing** you can do to prevent illness. It is late – but not too late!
2. Stay away from people who are sick as much as possible.
3. Stay home if you are sick.
4. Follow the everyday steps such as washing your hands frequently and covering your nose and mouth with a tissue or your sleeve when you cough or sneeze.
5. Seek medical care early if you are at risk for complications.



Alpine Threads Editorial Board

First 5 Alpine
100 Foothill Rd.
PH: 530-830-2845
www.first5alpine.com

**Alpine County Health
and Human Services**
75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

**The Learning Center
and Local Child Care
Planning Council**
100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com

ATTENTION LOCAL ORGANIZATIONS & AGENCIES!

If you'd like to share your website link send it to Gina at gina@originalmatteoni.com and we'll add it to our new column.

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Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Basic Quiche

Makes: 6 servings Total Cost: \$3.41 Serving Cost: \$0.57

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup chopped vegetables
(Suggestions-broccoli, zucchini, mushrooms, tomatoes or others that you like)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Preparation

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.



For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center or call 530.694.2235 or email bthornburg@alpinecountyca.gov



California Smokers' Helpline
1-800-NO-BUTTS

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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